What is claimed is:

- 1 1. A method, comprising the steps of:
- a) having a cellular module respond to a cellular

 communication signal by providing a trigger pulse derived

 from the data component of the cellular communication signal;

 and
- b) directing the trigger pulse along a special hardware path
 leading from the cellular module to a user module;
 - wherein the special hardware path conducts the trigger pulse in such a way that the trigger pulse is provided to the user module substantially free of any significant random delays.
 - 2. The method of claim 1, wherein the user module includes a frequency generation module that provides a stable frequency reference based on the trigger pulse.
 - 3. The method of claim 1, further comprising the step of identifying each new frame in the cellular communication signal, and wherein the trigger pulse is provided each time a new frame is identified.
- 4. The method of claim 1, further comprising the step of identifying each new time slot in the cellular communication signal, and wherein the trigger pulse is provided each time a new time slot is identified.
- 5. The method of claim 1, further comprising the step of identifying each new data bit in the cellular communication signal, and wherein the trigger pulse is provided each time a new data bit is identified.

satellite navigation signal and also having the user module

respond to the stable frequency reference by using the stable

frequency reference to stabilize the operation of a local clock.

 \mathcal{V} . An apparatus comprising:

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- a) a cellular module, responsive to a cellular communication signal, for providing a trigger pulse derived from the data component of the cellular communication signal;
- b) a user module; and
- c) a special hardware path, for conducting the trigger pulse from the cellular module to the user module in such a way that the trigger pulse is provided free of any significant random delays.
- The apparatus of claim 7, wherein the user module includes a frequency generation module that provides a stable frequency reference based on the trigger pulse.
- The apparatus of claim 7, further comprising a frame counter, and wherein the trigger pulse is provided each time the frame counter indicates a new frame.
- The apparatus of claim 7, further comprising a time slot 1 10. 2 counter, and wherein the trigger pulse is provided each time the
- 3 time slot counter indicates a new time slot.
- 1 The apparatus of claim 7, further comprising a data bit
- 2 counter, and wherein the trigger pulse is provided each time the
- 3 data bit counter indicates a new data bit.

1 12. The apparatus of claim 7, wherein the apparatus is a global positioning system (GPS) receiver further comprising a GPS module including the frequency generation module, the GPS module also including a local oscillator, the GPS module responsive to the stable frequency reference and further responsive to a GPS satellite navigation signal.

13. A system comprising:

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- a) a cellular base station, for providing a cellular communication signal;
- b) a cellular module, responsive to the cellular communication signal, for providing a trigger pulse derived from the data component of the cellular communication signal;
- c) a user module; and
- d) a special hardware path, for conducting the trigger pulse from the cellular module to the user module in such a way that the trigger pulse is provided free of any significant random delays.
- 14. The system of claim 13, wherein the user module includes a frequency generation module that provides a stable frequency reference based on the trigger pulse.
- 1 15. The system of claim 13, further comprising a frame counter,
- 2 and wherein the trigger pulse is provided each time the frame
- 3 counter indicates a new frame.
- 1 16. The system of claim 13, further comprising a time slot
- 2 counter, and wherein the trigger pulse is provided each time the
- 3 time slot counter indicates a new time slot.

- 1 17. The system of claim 13, further comprising a data bit
- counter, and wherein the trigger pulse is provided each time the
- 3 data bit counter indicates a new data bit.
- 1 18. The system of claim 13, wherein the system is a global
- 2 positioning system (GPS) receiver further comprising a GPS module
- 3 including the frequency generation module, the GPS module also
- 4 including a local oscillator, the GPS module responsive to the
- 5 stable frequency reference and further responsive to a GPS
- 6 satellite navigation signal.